

Sports and Physical Fitness Activities for Thursday

On the Move

Balloon Tennis

Build hand-eye coordination and motor skills with this fun game of tennis.

Materials:

- Paper plate
- Plastic fork
- Balloon

Instructions:

1. Glue the fork to the back of the paper plate near the rim to create a handle for your tennis racket.
2. Inflate the balloon and tie it closed.
3. Have your toddler use their racket to hit the balloon and prevent it from hitting the ground.
4. Make yourself a racket and enjoy a game of paper plate tennis.

Adventures Online

Cookie Kart Race

Help Cookie Monster collect the correct letter. Listen and follow the directions. Talk with your child about things that starts with that letter.

<https://www.sesamestreet.org/games?id=207>

Sensory Time

Ball Roll

Ready, aim, and roll that ball into the basket.

Materials:

- Baskets or bins (small, medium or large)
- Ball

Instructions:

1. Place basket or bin on its side.
2. Have your child stand a few feet away from the basket or bin.
3. Have your child roll the ball into the basket or bin.
4. Move your child farther away from the basket or bin to roll the ball and try different size baskets or bins to offer a challenge.

Story Time

Yoga Ogre

Join us as we read about a greedy ogre who takes up yoga with hilarious consequences. Finding the perfect sport for a big, bumbling ogre isn't quite as simple as it may seem.

Read Aloud: <https://www.youtube.com/watch?v=VAz7ltxQfuM>

Arts and Creativity

My Favorite Sport Masterpiece

Create a masterpiece about your child's favorite sport.

Materials:

- Paper or construction paper
- Crayons, markers, or chalk

Instructions:

1. Have your toddler create a "masterpiece" using either crayons, markers or chalk doing their favorite sport or physical activity. (Ex: running in the park, playing basketball, swimming in the pool, swinging on a swing, etc.)
2. Display the picture where your toddler would like so everyone can see their sport masterpiece.